

Appendix 1: *The pH Levels of Some Common Foods*

Acidity vs. Alkalinity (pH)

Food	pH	Food	pH
Vinegar	2.2	Carrots	5.0
Lemons	2.2	White bread	5.1
Cola drinks	2.3	Tuna	6.0
Commercial mayonnaise	3.0	Potatoes	6.1
Grapefruit	3.1	Green peas	6.0
Dill pickles	3.2	Chicken	6.2
Orange juice	3.7	Corn	6.3
Pears	3.9	Steamed rice	6.4
Tomatoes	4.2	Fresh meat	6.4
Buttermilk	4.5	Milk	6.6

Appendix Z: Temperature Log

Temperature Log

Month _____ Freezer _____ Refrigerator _____

[illegible]

Appendix 3: Sample Material Safety Data Sheet

Good Product Bleach, Co. One Good Product Lane Good Town, U.S.A. (999) 555-1212	MSDS No. 123 Product: Sodium Hypochlorite Date of Preparation: 10/95
Section 1 - Chemical Product and Company Identification	
Product/chemical name: Sodium hypochlorite Chemical formula: NaClO Synonyms: Bleach, chlorine General use: Used as a disinfecting agent and a color remover.	
Section 2 - Composition/Information on Ingredients	
Product is 5.25% sodium hypochlorite, 94.75% inert ingredients. Contains no phosphates.	
Section 3 - Hazards Identification	
<p align="center">***** Emergency Overview *****</p> <p>Chlorine bleach is a pale-yellow, viscous liquid with a distinct, pungent odor. It is mildly irritating to skin and severely irritating to eyes and digestive system.</p> <p align="center">***** Potential Health Effects *****</p> <p>Primary entry routes: Skin and eye contact. Target organs: Eyes, skin. Acute effects:</p> <ul style="list-style-type: none"> • Inhalation: May cause respiratory tract irritation, and coughing. • Eye: Contact is severely irritating and may cause corrosion. • Skin: Contact can cause mild irritation. • Ingestion: Can cause irritation of the gastrointestinal tract with resultant nausea, vomiting, and abdominal pain. <p>Carcinogenicity: None reported. Long-term exposure: None reported.</p>	
Section 4 - First Aid Measures	
<p>Inhalation: Remove exposed person to fresh air and support breathing as needed. Eye contact: <i>Do not</i> allow victim to rub or keep eyes tightly shut. Gently lift eyelids and flush immediately and continuously with flooding amounts of water for at least 15 minutes. Consult a physician. Skin contact: <i>Quickly</i> remove contaminated clothing. Wash skin with soap and water for at least 15 minutes. Ingestion: Never give anything by mouth to an unconscious or convulsing person. Contact a poison control center. Unless the poison control center advises otherwise, have the <i>conscious and alert</i> person drink 1 to 2 glasses of water to dilute. Do not induce vomiting.</p>	
Section 5 - Fire-Fighting Measures	
<p>Flammability classification: Class IIIB combustible liquid. Fire-fighting equipment: Self-contained breathing apparatus with a full facepiece.</p>	
Section 6 - Accidental Release Measures	
Spill/leak procedures: Dilute with water and wash the surface with a damp mop.	

Section 7 - Handling and Storage
<p>Handling precautions: Avoid eye and skin contact by wearing safety goggles and gloves when handling product.</p> <p>Usage precautions: Do not mix with other cleaning agents including products containing ammonia. To do so will release hazardous gas.</p> <p>Storage requirements: Store in a tightly closed container in a cool, dry place. Do not store near food supplies.</p>
Section 8 - Exposure Controls/Personal Protection
<p>Administrative controls: Chlorine bleach should not be mixed with ammonia or toxic fumes will be created.</p> <p>Protective clothing/equipment: Wear chemically protective gloves and aprons to prevent prolonged or repeated skin contact. Wear protective eyeglasses or chemical-safety goggles, per OSHA regulations. Contact lenses are not eye protective devices. Appropriate eye protection must be worn instead of, or in conjunction with, contact lenses.</p> <p>Safety stations: Make emergency eyewash stations available in work area.</p>
Section 9 - Physical and Chemical Properties
<p>Physical state: Viscous liquid</p> <p>Appearance and odor: Pale-yellow with a pungent odor</p> <p>Water solubility: Soluble</p> <p>pH: 10.5</p>
Section 10 - Stability and Reactivity
<p>Stability: Stable at room temperature in closed containers under normal storage and handling conditions.</p> <p>Chemical incompatibilities: Corrodes stainless steel, aluminum, and copper.</p> <p>Conditions to avoid: Exposure to heat. Do not mix with other cleaning products.</p>
Section 11 - Toxicological Information
<p>Eye effects: Mild irritation</p> <p>Skin effects: Mild irritation</p>
Section 12 - Ecological Information
<p>Environmental degradation: Degrades rapidly following acclimation. In water, biodegradation is fairly rapid.</p>
Section 13 - Disposal Considerations
<p>Contact your supplier for recommendations. Follow applicable federal, state, and local regulations. Do not reuse empty container.</p>
Section 14 - Transport Information
<p>Not listed.</p>
Section 15 - Regulatory Information
<p>None listed.</p>
Section 16 - Other Information
<p>(This sample Material Safety Data Sheet was prepared by USDA for <i>illustration purposes</i> in this manual only. For factual information on products similar to this, use the actual MSDS supplied by the manufacturer.)</p>

Appendix 4: Resources and Organizations

If you are looking for additional information or resources, the following are some federal agencies and private organizations that may be able to help. You might also want to contact your state and local agriculture departments and health agencies.

1. **U.S. Department of Agriculture**
Food and Nutrition Service
Child Nutrition Division
3101 Park Center Drive - Room 1004
Alexandria, Virginia 22302
2. **United States Department of Agriculture**
Food Safety and Inspection Service
14th Street and Independence Ave., S.W.
Washington, D.C. 20250
3. **U.S. Department of Health and Human Services**
Public Health Service
Food and Drug Administration
Division of Human Resource Development
5600 Fishers Lane
Rockville, Maryland 20857
4. **The Educational Foundation of the**
National Restaurant Association
250 South Wacker Drive - Suite 1400
Chicago, Illinois 60606
5. **Foodborne Illness Education Information Center**
National Agricultural Library, USDA
Room 304, 10301 Baltimore Blvd.
Beltsville, Maryland 20705
6. **National Pest Control Association (NPCA)**
8100 Oak Street
Dunn Loring, Virginia 22027
7. **NSF International**
3475 Plymouth Road
P.O. Box 1468
Ann Arbor, Michigan 48106

The following references may also be helpful.

Applied Foodservice Sanitation, fourth edition, 1992.

The Educational Foundation of the National Restaurant Association.

Food Code, 1993 and 1999. U.S. Dept. of Health and Human Services.
(Includes recommendations of the United States Public Health Service,
Food and Drug Administration.)



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